



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09253, Pears, canned, water pack, solids and liquids

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Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 244g	1 half, with liquid 76g
Proximates						
Water	g	91.81	69	0.078	224.02	69.78
Energy	kcal	29	--	--	71	22
Energy	kJ	121	--	--	295	92
Protein	g	0.19	12	0.007	0.46	0.14
Total lipid (fat)	g	0.03	12	0.002	0.07	0.02
Ash	g	0.16	12	0.008	0.39	0.12
Carbohydrate, by difference	g	7.81	--	--	19.06	5.94
Fiber, total dietary	g	1.6	--	--	3.9	1.2
Sugars, total ¹	g	6.10	1	--	14.88	4.64
Sucrose ¹	g	0.30	1	--	0.73	0.23
Glucose (dextrose) ¹	g	1.90	1	--	4.64	1.44
Fructose ¹	g	3.90	1	--	9.52	2.96
Maltose ¹	g	0.00	1	--	0.00	0.00
Minerals						
Calcium, Ca	mg	4	12	0.245	10	3
Iron, Fe	mg	0.21	12	0.016	0.51	0.16
Magnesium, Mg	mg	4	12	0.062	10	3
Phosphorus, P	mg	7	12	0.334	17	5
Potassium, K	mg	53	54	1.060	129	40
Sodium, Na	mg	2	80	0.153	5	2
Zinc, Zn	mg	0.09	--	--	0.22	0.07
Copper, Cu	mg	0.051	--	--	0.124	0.039

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 244g	1 half, with liquid 76g
Manganese, Mn	mg	0.034	--	--	0.083	0.026
Selenium, Se	µg	0.0	--	--	0.0	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	1.0	65	0.037	2.4	0.8
Thiamin	mg	0.008	12	0.001	0.020	0.006
Riboflavin	mg	0.010	12	0.000	0.024	0.008
Niacin	mg	0.054	12	0.002	0.132	0.041
Pantothenic acid	mg	0.022	--	--	0.054	0.017
Vitamin B-6	mg	0.014	--	--	0.034	0.011
Folate, total	µg	1	--	--	2	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	--	--	2	1
Folate, DFE	µg	1	--	--	2	1
Choline, total	mg	3.4	--	--	8.3	2.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	34	--	--	83	26
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	0.20	0.06
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) ²³	µg	0.3	2	--	0.7	0.2
Lipids						
Fatty acids, total saturated	g	0.002	--	--	0.005	0.002
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 244g	1 half, with liquid 76g
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.001	--	--	0.002	0.001
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.006	--	--	0.015	0.005
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.006	--	--	0.015	0.005
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.007	--	--	0.017	0.005
18:2 undifferentiated	g	0.007	--	--	0.017	0.005
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Threonine	g	0.005	--	--	0.012	0.004
Isoleucine	g	0.005	--	--	0.012	0.004
Leucine	g	0.009	--	--	0.022	0.007
Lysine	g	0.007	--	--	0.017	0.005
Methionine	g	0.002	--	--	0.005	0.002
Cystine	g	0.002	--	--	0.005	0.002
Phenylalanine	g	0.005	--	--	0.012	0.004
Tyrosine	g	0.002	--	--	0.005	0.002
Valine	g	0.007	--	--	0.017	0.005
Arginine	g	0.003	--	--	0.007	0.002
Histidine	g	0.002	--	--	0.005	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 244g	1 half, with liquid 76g
Alanine	g	0.006	--	--	0.015	0.005
Aspartic acid	g	0.037	--	--	0.090	0.028
Glutamic acid	g	0.013	--	--	0.032	0.010
Glycine	g	0.005	--	--	0.012	0.004
Proline	g	0.005	--	--	0.012	0.004
Serine	g	0.007	--	--	0.017	0.005
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹J.A. Dudek **Investigation of total dietary fiber methodology in the characterization of the carbohydrate fraction of canned pears**, 1985 Journal of Food Science 50 pp.851-852

²S.L. Booth, J.A. Sadowski, J.A. T. Pennington **Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study**, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

³G. Ferland, D. MacDonald, J.A. Sadowski **Development of a diet low in vitamin K (phylloquinone)**, 1992 J. American Dietetic Assoc 92 5 pp.593-597